



Suggested packing list for Antarctica

The following list contains items that previous students have recommended to bring with you on our programs. This is not an exhaustive list, and there may be other personal items you wish/need to bring.

Mandatory

One (1) large bag (e.g. duffel-bag with wheels, backpack, or suitcase). Maximum weight of 44lbs; two bags will not be permitted.

Medium-sized day-pack (water-resistant and big enough for an overnight stay but small enough for a day hike) Use this as your carry-on bag.

Flashlight or headlight (e.g., Petzel) with extra set of batteries (you may only use this a few times)

Notebook and clipboard for taking notes in class and the field; pens, pencils (be prepared to take notes rain or shine, field or classroom). Students recommend a waterproof enclosed clipboard and a small notepad for quick note-taking.

Accommodations contact list (it's in the Course Reading Packet). Leave a copy with family, and pack a copy in your carry-on bag.

Water bottle (Nalgene or similarly tough-type recommended)

Small first Aid kit (see "staying healthy" section), including Dramamine or similar fix for motion sickness.

Sun protection (sunscreen, sunglasses, brimmed hat, Chapstick, etc.)

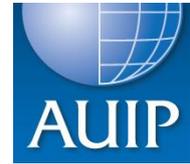
Travel alarm clock or watch with alarm

Clothing and footwear

While you're in Antarctica, the temperature will range from about 25 to 40 F, not counting the wind chill (and it's often windy).

Cotton clothing (jeans, sweatshirts, sweatpants etc.) are okay for use on board the ship but it's not recommended for use on excursions. Cotton garments are terrible at keeping you warm if they get wet.

The ship's interior is kept warm and casual attire is the norm. You will likely be comfortable in pants, a shirt and a light sweater.



On excursions, dressing in layers is highly recommended as it not only keeps you warmer than one big single garment, it also allows you to adjust your clothing as conditions require. On excursions, your outer layer (jacket, pants, and footwear) must be waterproof. You can bring your own gear, or you can rent appropriate waterproof jackets, waterproof pants, and rubber boots on board the ship by completing the pre-embarkation order form that will be sent to you prior to your departure from the U.S. You must pre-order if you are planning to rent equipment from the ship.

Outer jacket – must be waterproof and, especially if uninsulated, must be large enough for you to wear several warm layers underneath.

Inner jacket – polar fleece or wool or down-filled.

Waterproof pants / rain pants - very important for keeping you dry in the landing craft as there is often spray or wet seats in the boat. Rain pants should be roomy enough to wear over thermal underwear or regular pants. Think comfortable, practical fit, not fashion.

Warm trousers (to be worn under your rain pants) – polar fleece or similar. **Not** jeans or cotton sweatpants.

Long Underwear – top and bottom. Lightweight merino wool or polypropylene are recommended.

Sweater - wool or polar fleece

Turtleneck shirt or a neck gaiter (good for stopping a draft around your neck. Note that a scarf is not recommended as their length makes them less practical, especially on windy days or in small boats.).

Warm hat that covers your ears and won't blow off in the wind. (a knitted "ski hat" works well.)

Gloves – wool or windstopper fleece are recommended. You may also want a thin pair as these can be useful when trying to operate a camera. Ski-gloves that are water resistant may also be useful.

Warm socks (tall wool socks and thin polypropylene (silk also sufficient) socks. Bring a few pairs of each. For heavier pairs, rag wool is an excellent choice. Knee-highs provide extra warmth. Keep in mind that rubber boots do not provide much insulation, so you will rely on the warmth of your socks).



Rubber Boots (pull-on, unlined, mid-calf or higher with non-skid sole, 14"-16") These specifications are VERY IMPORTANT. You will be stepping into cold water up to 10" deep during wet landings. Moon or leather boots are not appropriate. (Note: Be sure your boots fit with one or two pairs of heavy socks – tight boots will be cold and uncomfortable). Suggested sources for rubber boots: sporting goods, army surplus, farm supply stores, or camping equipment stores in your area. These boots are often referred to as "Wellies" or "Wellington boots." Many good outlets are available online.

Sweatshirt – can be useful on board the ship, but you can use your fleece instead

T-shirts and other casual warm weather clothes for layering and aboard the ship (practical cotton, woollen, knit, and permanent press fabrics). You will spend quite a bit of time on board ship where it's warm inside.

1-2 nice outfits - if you want to dress up for Christmas dinner or the Captain's Farewell Dinner. This is optional as your regular comfortable clothes will be fine.

1 pair of nice shoes (if you're bringing a nice outfit)

1 pair of shoes suitable for showering in at the hostel

Underwear and socks (7 pairs, enough for 1 week between washes)

Nightwear (you are sharing a room!)

Large travel towel (microfiber travel towel is recommended)

Toiletries

Hand sanitizer

A few plastic trash bags (for dirty laundry, hiking shoes, etc.)

Full supply of all medications in prescribed containers, and copy of prescriptions

Travel adapter plug, to fit into these types of sockets:



EU (European Union) Plug



Note that a European-style plug (2 round pins) will work on board the ship and in Argentina.



ATM/Check cards, a credit card is mandatory, insurance cards, student ID card, driver's license, passport

Photocopies of important documents (i.e., ATM/Check cards, credit cards, insurance cards, student ID card, driver's license, passport, airplane ticket, emergency contact information). Leave one copy of this with your emergency contact person and bring one copy in your carry-on. Alternatively, take digital photos of these documents and attach them to an e-mail to yourself that you can store and access through your webmail address.

Inventory list of items packed in checked luggage (keep in carry-on luggage)

Identification tags with your contact details (on outside and inside of checked luggage, and on carry-on luggage)

The Program Handbook

The required Course Reading Packet (not available in-country)

Optional items

Bathing suit - if you want to take part in a possible "polar plunge"

Camera - with battery charger, or extra batteries. (Cold batteries have a shorter lifespan.) Also, sufficient space on memory cards.

Extra pair of prescription glasses or contact lenses, if applicable.

Ziploc plastic bags to protect cameras when going ashore.

Woolite/laundry soap (if you plan to do any hand laundry).

Walking shoes (a walking/hiking/trail/running/around-town combo shoe will work - go for comfort, support, tread/grip, and water-resistance).

Hiking boots

Rain jacket – this will be useful when in Ushuaia

Pocket-knife/Swiss Army knife (do **not** pack in your carry-on!)

Small sewing kit

Earplugs

Travel pillow



A few safety pins

Combination locks for your luggage (airport TSA compliant for checked luggage)

Wash cloth (in ziplock bag)

Journal or diary

World-wide travel adapter. Electrical current and outlets vary between ships. Check with the AUIP office for information specific to your ship.

Accommodations contact list (available in the Course Reading Packet) also have this with you when traveling (e.g., customs at airports)

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